

HIGHLIGHTS

September 2003

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XVIII, No. 9

For Your Information...

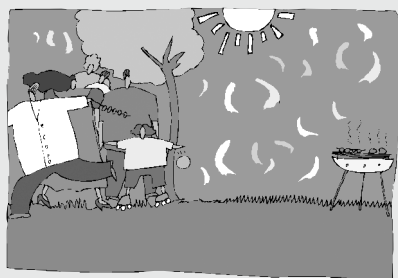
Need an idea for a fun, yet educational outing experience with your mentee? You might wish to visit one of the 32 Orange County Public Library (OCPL) branches located in various cities throughout the county. Most feature programs geared toward youth, but if computers interest the child or teen, you may wish to check out the OCPL in Heritage Park, Rancho Santa Margarita, Stanton and Westminster. They each offer free instruction on the use of the Internet, library catalogs and database searching. Library staff will also help visitors open a free e-mail account. For more information, visit the Orange County Public Library website at www.ocpl.org, and click on "events" then "computer instruction." Dates and times are listed at each location.

PICNIC REMINDER

End of Summer Fling
at the
Annual CYS-Project Together
PICNIC

Saturday, September 13
10 a.m. to 2 p.m.
Mile Square Park
16801 Euclid
Shelter #15
Fountain Valley

RSVP by Wednesday, September 10
Call 714-796-0100



Therapist Spotlight

Dr. Sylvie Côté Embraces Individuality

Every workday Dr. Sylvie Côté, Ph.D., a clinical psychologist for Children & Youth Services, South Region/Laguna, encounters a unique individual who helps her to learn more about human nature and human motivation. "What I appreciate the most as a clinician is that each day is different, and in part, unpredictable," said Dr. Côté.

Dr. Côté is a Canadian native who resided in France for three years before moving to California in 1996. She earned a Ph.D. in clinical psychology at the University of Montreal in Canada where she practiced as a licensed psychologist. "Living in different countries taught me to be appreciative of cultural and individual differences." When asked why she moved to California her response was quick, "It's a cliché, but the weather, of course!"

A strong advocate for the use of mentors, Dr. Côté believes they help to facilitate the therapeutic process as they can model assertive communication skills and foster a client's self-esteem. Through regular outings and play activities, the clients also learn to trust an adult who is outside the family circle. "In session, I can observe the benefits of the one-on-one attention they (clients) get from their mentors...positive attention that they never seem to get enough of," notes Dr. Côté.

Because she frequently interacts with the mentors matched with her

clients, Dr. Côté can intervene in a timely manner to provide the mentor with specific methods to assist a client.

Dr. Côté also uses problem-solving techniques to support mentors with challenging issues that can arise in a mentoring relationship. She is particularly adept at facilitating communication when boundary issues arise between the mentor and a client or the client's family.

"Because of their unique perspective, the mentors sometimes get specific information (from the client) that might be useful in therapy," said Dr. Côté. "Many of the mentors I have met feel they have made a difference in a child's life. Isn't that what it is all about?"

Dr. Côté's appreciation for individual differences has served her well as an on-site clinician at RH Dana Elementary School in southern Orange County. "I value participating in a multidisciplinary team where I am confronted with different points of view and where we work together to address the myriad of problems faced by a population dealing with mental health issues." Adding with a smile, "Each case presents its idiosyncrasies."



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SEPTEMBER 2003

Calendar of Events

*The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. *Mentors may use the Harbors Beaches & Parks passes for entry and parking at County of Orange facilities. Special events may have an additional fee.*

Saturday, Sept. 6 Naturalist Walks

Upper Newport Bay Reserve*
2301 University Dr.
Newport
(714)973-6820

Join the naturalist at Shellmaker Island for a 2-hour nature walk around the bay. Bring binoculars and sunscreen. No reservations required.

Time: 9 a.m.
Cost: Free

Friday, Saturday & Sunday, Sept. 5, 6 & 7 Toshiba Tall Ships Festival

Dana Point Harbor
Dana Point
(949)496-2274

This event begins with the Tall Ships Parade at sunset on Friday, Sept. 5, with the best views from the breakwater and the Dana Point Marine Life Refuge. The largest gathering of tall ships on the west coast, this festival offers living history demonstrations, live music, art shows, tours of the ships and interactive displays.

Time: Saturday and Sunday
Shuttles begin at 9:45 a.m.
Tours of ships end at 5 p.m.

Cost: Free parking with shuttle service at Salt Creek Beach. Park at Pacific Coast Highway and Selva Road. Prices vary for special tours and cruises, but attendance at event is free.

Saturday, Sept. 13 Mexican Independence Day

Jerome Center
726 S. Center
Santa Ana
(714)647-6559

Dancers, game booths and food will mark the celebration of a significant day in the development of the Americas.

Time: 10 a.m.-1 p.m.
Cost: Free

Saturday, Sept. 13 Nature of the Night Star Program— "A Mars Spectacular"

Riley Wilderness Park*
30952 Oso Pkwy.
Coto de Caza
(949)923-2265

View the planet mars at its closest approach to earth in centuries. Bring a picnic supper and camping chairs for this nocturnal adventure in the wilderness.

Time: 8-10 p.m.
Cost: \$4 (parking included)
Children under 12 Free

Sunday, Sept. 14 42nd Sandcastle Contest

Corona del Mar State Beach
Iris Street and Ocean Boulevard
Newport Beach

Thousands descend on the beach for this annual tradition to view spectacular and bizarre sand sculptures. Spectators may begin viewing the teams building their creations at 11 a.m. Judging will commence at 2 p.m.

Time: 11 a.m.-5 p.m.
Cost: Spectators Free
Participants \$30-\$60

Sunday, Sept. 14 Eco Fun Fair

Oak Canyon Nature Center
6700 Walnut Canyon Rd.
Anaheim Hills
(714)998-8380

This is a fun and highly educational event to learn about the importance of preserving nature through ecological awareness. Those attending may participate in the Earth-Wise Challenge, pony rides,

nature walks and learning how to be good stewards of Mother Earth.

Time: Noon-4 p.m.
Cost: Free

Saturday, Sept. 20 Nature Center Needs Painting

Riley Wilderness Park*
30952 Oso Parkway
Coto De Caza
(949)923-2265

The park's Visitor Center needs painting and your help is welcome. Volunteer age limit is 16 and up.

Time: Contact Ranger Ginney
Cost: Free

Sunday, Sept. 21 Surfin' Sunday Surfing Band Concert

Huntington Beach International
Surfing Museum
411 Olive St.
Fabulous Nomads and the
Cocktail Preachers will play.

Time: 1-3 p.m.
Cost: Free

Sunday, Sept. 21 Victorian Tea Society 1890's Market Day and Faire

Discovery Museum
Of Orange County
3101 W. Harvard St.
Santa Ana

Step back into the early days of California. Stroll through the grounds of the museum and experience the late 1800s with Victorian vendors, demonstrations and tasty foods.

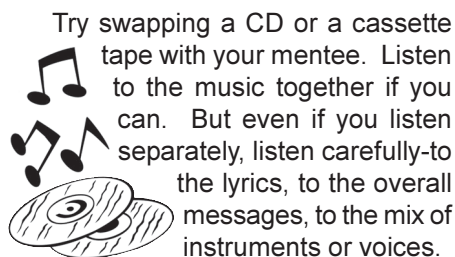
Time: Noon-5 p.m.
Cost: Adults \$5
Children \$4

HAPPY BIRTHDAY

Janet Peters	9/6
John Muse	9/11
Danielle Duldulao	9/21
Dinamarie Stefani	9/22
Jeff Stone	9/24

Mentoring Tips and Tidbits

Shared Music Can Lead to Shared Discussions



Try swapping a CD or a cassette tape with your mentee. Listen to the music together if you can. But even if you listen separately, listen carefully to the lyrics, to the overall messages, to the mix of instruments or voices.

Ask your mentee which songs he or she listens to most often and what feelings the songs bring up. Tell your mentee why you developed an interest in the music you shared. Talk about how songs may have helped you get through a tough time or captured the feelings that you couldn't put into words. Ask your mentee about their experience with music and if there are any similarities.

You might find that this music swap leads to a discussion of what each of you value—and that's great. Be as honest and open as possible.

—Paraphrased from *Tag, You're It*, by Kathleen Kimball-Baker

Mentoring Matters

WELCOME NEW MENTORS

North Katie Ruebsamen
Jeanette Luevanos

**South/
Costa Mesa** Grace Deukmedjian
Stephanie Shelton

West Lejone Morris

THANKS TO THOSE WHO HAVE MOVED ON

**South/
Laguna** Neda Khodaparast
Joleen Aguon

East Maria Aldana
Kathryn Brewer

West

Sandy Torres
Katerina Patterson
Wendy Callahan
Alexandra Cortez
Giancarlo Maniaci
Ashley Ford

Aspen

Trang Huyng
Cindy Tanglinsamrnsuk
Breeze Alcantara
Keith Chmelar
Colleen Chandlee
Nana Ito
Dierdre Kelly
Michael Khoo
Ray Santos

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

**James and
Dena Anderson**
Anaheim

Books Are Fun, Ltd.
Fairfield, Iowa

Boomers
Fountain Valley

Gabriela Chavez
Santa Ana

Veronica Chavez
Santa Ana

**Costa Mesa
School Supply**
Anaheim

Peter Day
Placentia

Nancy Decker
Placentia

Dr. Alan Edwards
Santa Ana

El Piccolo Inc.
Santa Ana

Bernie Gordon
Placentia

Lisa Gordon
Orange

Betty Hering
Brea

Barbara Jacobson
Placentia

Kayla and Alyssa
Placentia

Young Joon Kim
Fullerton

Lynn Kliet
Lake Forest

Barbara Knapp
Placentia

Knott's Berry Farm
Buena Park

Knowlwood Enterprises
Fountain Valley

Cheryl Leisenfelder
Orange

Anh Nguyen
Santa Ana

Esther Nielson
Santa Ana

Northrop Grumman
El Segundo

Rembrandt's
Placentia

Rembrandt's Employees:
Alex
Billy
Frances
Jack (and friends)
Richard
Scott
Placentia

Ms. Marty Sheff
Placentia

**Southern Wine
and Spirits**
Placentia

Statek Corporation
Orange

Sun Meat
Placentia

Lisa Townsend
Placentia

Charlotte Waugh
Santa Ana

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Behavioral Health Services

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www.ochealthinfo.com/behavioral/cyspt

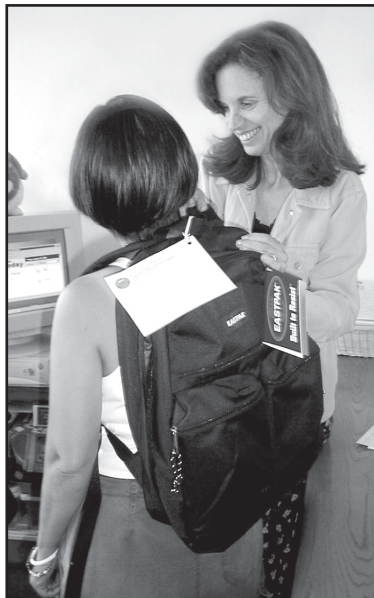
Contributors to This Issue:

Nancy Robins
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To submit an item for the Newsletter,
please call (714)796-0100 or email cys-
pt@hca.co.orange.ca.us.

The Back Page

BACK TO SCHOOL IN STYLE



Michelle Roth, Ph.D., a therapist with CYS-East Region, assists a child "modeling" her newest acquisition. Last month 300 new backpacks and school supplies were distributed to Children and Youth Services clients during the fourth annual CYS-Project Together Back to School program. Donations from the Mental Health Association of Orange County, Boise Cascade, Pentel of America, LTD., Mead Corporation and Tone Software helped to make the program a success.

How to Contact Children and Youth Services—Project Together

General Information

Phone: (714) 796-0100
Website: www.ochealthinfo.com/behavioral/cyspt
Email: CYSPT@hca.co.orange.ca.us

Central Staff

Sharon Modaff, Service Chief I	(714)796-0100
Nancy Robins, Program Supervisor I	(714)796-0115
Martha Murphy, Volunteer Coordinator	(714)796-0121
Peggy Evans, Volunteer Coordinator	(714)796-0117

Regional Volunteer Coordinators/ Resource Specialists

East—Veronica Chavez	(714)480-6756
North—Sunney Shin	(714)577-5422
South/Costa Mesa—Jonathan Schiesel	(714)850-8444
South/Laguna—Lee Boon	(949)499-8614
West—Diane Prescott	(714)896-7570
Aspen Community Svcs.—Adrienne Davalos	(714)565-2830

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



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County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together *Highlights*

405 W. 5th Street, Suite 436
Santa Ana, CA 92701

Address Correction Requested

